

PHARMACY COUNCIL OF INDIA

(Constituted under the Pharmacy Act, 1948)

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All Pharmacy Institutions approved by PCI - 14 JUN 2019

✓ - u/s 12 of the Pharmacy Act, 1948.
 - for conduct of course.

Sub: Celebration of International Day of Yoga (IDY), 2019.

Sir

The International Day of Yoga (IDY) – 2019 presents an occasion to come forward and spread the message about the rewards of regular practice of yoga amongst the staff and students of your institution and the general public. The following are some of the suggested activities that your institution may undertake –

- Efforts may be taken to organize Yoga related activities such as lectures, workshops etc. by Yoga experts.
- Since the focus of IDY would be on group yoga demonstrations based on Common Yoga Protocol (CYP), efforts may be made to familiarize the employee / staff with CYP. Organising of training programmes on CYP and ensuring maximum participation in the same is recommended.
- The Common Yoga Protocol is to be performed in groups on 21 June, 2019 from 7:00 AM to 7:45 A.M. followed by any suitable and customized 15- minutes program on Yoga. Thus, the IDY event would be of one hour duration.
- Your institution may strive to distribute Yoga attire, Yoga Mats, Caps etc. duly having the logo.
- Some competitions on Yoga-theme may also be organized to create interest among the employees, especially among the younger generation. This can include Yoga (CYP) demonstrations, essay writing, elocution, painting etc.
- Your institution may arrange a live screening of Doordarshan's national telecast related to International Day of Yoga on 21st June, 2019 to foster the sense of participation in the nation-wide yoga movement.
- Banners / Cut outs on IDY – 2019 may be displayed at vantage points.
- Your institution can display Yoga Charts and standees inside the college campus and and also use the same to give updates on preparations for IDY.

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- If your institution is having any official newsletter, bulletin or magazine, articles and related matter about Yoga may be published.
- Illuminating the building appropriately at least one week before 21st June, 2019 would add to the sense of importance of the event.
- you may encourage the employees to participate in quiz and other competitions which may be organized by your institution.
- You may organize Yoga camps in association with NGOs involving Yoga experts.
- You may plan long term activities related to Yoga so that the impact of IDY – related mobilization goes on well beyond 21st June, 2019.
- Creating long-term assets like Yoga Halls, Yoga Parks etc. can be considered.

Action taken report may be submitted to this Council.

Yours faithfully



(ARCHNA MUDGAL)
Registrar-cum-Secretary

CC to –

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Ministry of Health & Family Welfare
Department of Health & Family Welfare
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- This is in reference to their letter dt. 28.5.2019.


(ARCHNA MUDGAL)
Registrar-cum-Secretary